

**ABSTRACT OF THE DISCLOSURE**

A head support or pillow system that is utilized by a user with the results being that neck discomfort or snoring, or both, are greatly reduced, if not completely eliminated, during a sleep phase. The head support system utilizes an automatically adjustable chamber that

5 changes motion and height of the support either intermittently or continuously throughout the sleep cycle so as to gently move the head of the user, which results in reduced neck pain or snoring, or both.

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